



Weekly Workout Routine

By Frances P Robinson

Createspace, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. The Weekly Workout Routine is a place to chart most fitness activities, no matter what type of workout you like to do. Workouts shouldn't be complicated and your record keeping shouldn't be either. You'll have 52 weeks to log in your daily routine and keep record. (Write in the dates, so you can start using any time of year.) The Weekly Workout Routine helps you stay on schedule, accountable and healthy.

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